



# your body matters



## Parent Handout 4 – Food labelling

### Nourishing Body & Mind for a Healthy Life

A Primary Health and Wellbeing Curriculum Pack

Revised Version 2023

## Food labelling

Food labelling can be quite confusing and difficult to understand however you don't need to be an expert.

Using these food labels when shopping can help you make healthier choices, for example, by choosing foods and drinks that are:

- ✓ lower in saturated fat
- ✓ lower in sugar
- ✓ lower in salt
- ✓ lower in calories

### Know your label

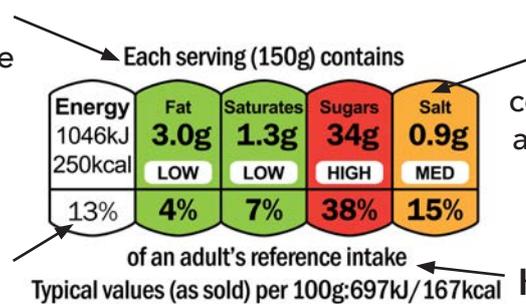
Checking the label is a good way to compare products, make healthier choices and eat a balanced diet

#### Know your portions

Check the pack for the portion size, this is what the numbers on the nutrition label are based on

#### Know your calories

To make the choice that is right for you, use the calorie information to compare products



#### Know your colours

The red, amber and green colours show at a glance whether a product is high, medium or low fat, saturates, sugars and salt

#### Know your daily allowance

Reference Intake (RI) has replaced the term Guideline Daily Amount or GDA

### Front of pack traffic light system

- ✓ Traffic lights are normally on the front of packaging.
- ✓ For a healthier choice, try to pick products with more green and amber colours and fewer red.

\*Please note that the portion sizes you eat may be different from the one that manufacturers recommend or those per 100g values at the back of the packet.

**Parental Notes:**

*matters*

